

# Quiz Understanding Skin Cancer

**Circle ALL correct answers for each question.**

1. How many people in the United States are expected to get skin cancer this year?
  - A. one hundred thousand
  - B. four hundred thousand
  - C. over one million
  - D. four million
2. More people in the United States will get skin cancer this year than all people who get cancers of either the prostate, breast, lung, or colon combined.
  - A. true
  - B. false
3. Currently, how many people in the United States are expected to get skin cancer in their lifetime?
  - A. three out of every ten
  - B. two out of every five
  - C. one out of every five
  - D. one out of every two
4. Everyone, regardless of skin color, can get skin cancer?
  - A. true
  - C. false
5. Skin cancer rates are rising because of what factors?
  - A. people use too much sunscreen
  - B. people today wear less clothing when outside than they did years ago
  - C. the ozone layer in the stratosphere is thinning
  - D. the world climate is getting warmer
6. There are how many major types of skin cancer?
  - A. one
  - B. three
  - C. four
  - D. ten
7. The most dangerous skin cancer is called?
  - A. melanoma
  - B. lupis
  - C. basal cell carcinoma
  - D. rickets
8. Which combination of personal characteristics would give a person the highest risk for skin cancer?
  - A. brown eyes, dark skin, black hair
  - B. blue eyes, light skin, have many moles
  - A. green eyes, dark hair, no moles
  - B. brown skin, brown hair, have many moles
9. Getting a tan will help your skin remain smooth and healthy.
  - A. true
  - B. false
10. What are some recommended ways to prevent skin cancer?
  - A. apply mineral oil to your skin
  - B. seek shade when outdoors
  - C. apply broad-spectrum sunscreen with a SPF of 15 or greater to exposed skin
  - D. sun bathe regularly
  - E. wear a wide-brimmed hat and long clothing
  - F. avoid getting sunburned
11. During which time frame is it best to reduce contact with sunlight?
  - A. 1 p.m. to 5 p.m.
  - B. 10 a.m. to noon
  - C. 2 p.m. to 4 p.m.
  - D. 10 a.m. to 4 p.m.
12. Consistent use of sunscreen will completely protect a person from skin cancer?
  - A. true
  - B. false
13. Tanning salons can provide a tan without damaging your skin?
  - A. true
  - B. false
14. How often should you perform a self skin examination with a hand mirror to check moles and other possible signs of skin cancer?
  - A. every day
  - B. every week
  - C. every one to three months
  - D. every six months

# Quiz Answer Key

1. How many people in the United States are expected to get skin cancer this year?  
C. over one million
2. More people in the United States will get skin cancer this year than all people who get cancers of either the prostate, breast, lung, or colon combined.  
A. true
3. Currently, how many people in the United States are expected to get skin cancer in their lifetime?  
C. one out of every five
4. Everyone, regardless of skin color, can get skin cancer?  
A. true
5. Skin cancer rates are rising because of what factors?  
B. people today wear less clothing when outside than they did years ago  
C. the ozone layer in the stratosphere is thinning
6. There are how many major types of skin cancer?  
B. three
7. The most dangerous skin cancer is called?  
A. melanoma
8. Which combination of personal characteristics would give a person the highest risk for skin cancer?  
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C. apply broad-spectrum sunscreen with a SPF of 15 or greater to exposed skin  
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11. During which time frame is it best to reduce contact with sunlight?  
D. 10 a.m. to 4 p.m.
12. Consistent use of sunscreen will completely protect a person from skin cancer?  
B. false
13. Tanning salons can provide a tan without damaging your skin?  
B. false
14. How often should you perform a self skin examination with a hand mirror to check moles and other possible signs of skin cancer?  
C. every one to three months